

Wild Women of the Woods

September 25 & 26, 2015

Wild Women of the Woods is designed to give women the opportunity to explore the outdoors, learn or improve skills, and network with women with similar interests.



Schedule

Friday, September 25, 2015 (optional)

- 6:30 - 7:30 p.m. - Set up camp at Hickory Grove Park
- 7:30 - 8:30 p.m. - "Hooters After Dark" Live owl program
- 8:30 - 9:30 p.m. - Relaxation and Mingling

Saturday, September 26, 2015

- 6:00 a.m. - 7:00 a.m. Sunrise Yoga (optional)
- 7:00 a.m. Breakfast, Registration, Silent Auction
- 8:00 a.m. Welcome, Introduction, Directions

8:30 - 10:00 a.m. Session One (Choose One)

- A. Wild Women on the Water (Part 1*)
- B. How did you do that? Watercolor: Tips and Tricks
- C. The How To's of Tree Planting and Pruning
- D. Edible Eco-Landscaping
- E. Cheese Making at Home
- F. Self-defense Seminar

10:15 - 11:45 a.m. Session Two (Choose One)

- G. Wild Women on the Water (Part 2*)
- H. Agate Stone Jewelry
- I. Dehydrating for Home & Trail
- J. Rain Barrels and Storm Water Management
- K. Healing Remedies from Nature:
What's in your backyard?

- L. Fall Fungus Foraging

11:45 a.m.- 12:45 p.m. Lunch

12:45 - 2:15 p.m. Session Three (Choose One)

- M. Home Food Preservation 101
- N. Archery Basics
- O. Introduction to Stand Up Paddling (Part 1*)
- P. Intro to Mindful Meditation
- Q. What Makes a Rock an Artifact?
- R. Natural Dyes

2:30 - 4:00 p.m. Session Four (Choose One)

- S. Ceramic Whistles
- T. Mountain Biking
- U. Introduction to Stand Up Paddling (Part 2*)
- V. Nature and Movement with Tai Chi and Qigong
- W. Advanced Compass Work
- X. Green Reading

4:30 p.m. Wrap Up, Silent Auction Ends

5:00 p.m. Have a safe trip home

Thank you to our sponsors



Name: _____ Phone: _____

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Will you be attending Friday Night? Yes/No

Do you prefer a vegetarian lunch? Yes/No

Food allergies? Yes/No _____

Emergency contact person during event: _____

Emergency Contact Phone: _____

Any additional accommodations needed: _____

	1st Choice	2nd Choice
Session 1		
Session 2		
Session 3		
Session 4		

- * If you choose a session that has a Part 1, you must register for Part 2
- Early registration postmarked by August 28 - \$45. Registration postmarked August 29 to September 11 - \$50. No refunds after September 11.
- Registration fee includes: all sessions, one night camping at a group campsite, campfire snacks, breakfast, lunch, and WWW swag item. Classes are filled on a first-come, first-serve basis, and class sizes are limited. Participants will receive a confirmation letter when the registration form & payment are received. Participants must be at least 18 years old.
- Send registration form and checks payable to:
Story County Conservation • 56461 180th Street • Ames • 50010

Questions? Contact Story County Conservation at 515-232-2516 or conservation@storycountyia.gov

	<p>Friday Evening Program - Hooters After Dark • Whose “hoo” at Hickory Grove Park! Investigate the world of Iowa’s nocturnal raptors. Explore the unique adaptations of these impressive predators of the night. With live animals, this program is sure to be a “hoot”. • Instructor: Heather Hucka, SCC Naturalist</p>
	<p>Saturday Morning Program - Get in Touch with YOUR Wild Side • We'll take a creative approach to an hour-long exploration of body, mind and spirit. This yoga class will be more about experiencing the feelings of the moment than striking a pose. Whether you’re an experienced yoga practitioner or not, bring the curiosity of a beginner's mind. • Instructor: Martha McCormick, 200RYT</p>
Session 1 (Choose One)	<p>A. Wild Women on the Water (Part 1*) • Kayaking is one of the best ways to enjoy the remaining wildlife corridors in Iowa. This class will be taught by a certified kayak instructor and will cover safety, equipment, and paddling strokes. The class is for beginners but also useful for those with some experience. • Instructors: Greg Vitale and Piper Wall, Certified Kayak Instructors • Number of Participants: 10</p> <p>B. How did you do that? Watercolor Tips & Tricks • The secret to beautiful watercolor is learning to let the paint do the work for you. This session will consist of learning how to make the different colors and practicing some negative painting methods. If there is time we will work on a small landscape. • Instructor: Gwen Foster, Watercolorist • Number of Participants: 10</p> <p>C. The How To's of Tree Planting and Pruning • In this session we will point out trees pruned incorrectly or have damage caused by improper pruning or planting. Participants will see the long-term effects of good and bad pruning habits. We will discuss options on tree selection and the need for tree replacement. • Instructor: Jesse Randall, ISU Extension Forester • Number of Participants: 15</p> <p>D. Edible Eco-Landscaping • Would you like to create a beautiful, low-maintenance landscape that yields an abundance of food, builds soil, prevents erosion and supports beneficial wildlife? During this session you will learn through a fun, hands-on activity that will demonstrate how to combine top edible, medicinal, and native plants into a delightful, nature inspired design. • Instructor: Melissa Sharapova, Certified Permaculture Landscape Designer/Teacher • Number of Participants: 15</p> <p>E. Cheese Making at Home • Ever wonder how cheese is made, or if you could make it at home? Come and learn the process of cheese making and be inspired to try something new. • Instructor: Connie Lawrance, Wheatsfield Coop. • Number of Participants: 15</p> <p>F. Self-defense Seminar • As part of the Cyclone Martial Art Club's commitment to citizenship and community, we will teach participants about the context of assault on campuses along with both verbal and non-verbal self-defense techniques. Physical participation is voluntary, and no athletic clothing is required. • Instructors: The Cyclone Martial Arts Club • Number of Participants: 30</p>
Session 2 (Choose One)	<p>G. Wild Women on the Water (Part 2*)</p> <p>H. Agate Stone Jewelry • Come and create natural agate jewelry! We will use rocks collected from Lake Superior’s shores. Enjoy the natural feel of rough, unpolished stones. None of the stones are polished. • Instructor: Linda Zaletel, retired Naturalist • Number of Participants: 15</p> <p>I. Dehydrating for Home & Trail • Dehydrating is a great way to preserve food. From great snacks at home to preparing low cost meals for the trail; this session will show you just how easy it can be! Learn the basics of dehydrating, food preparation, and do some taste testing! • Instructor: Morgan Dowdall, Camping Dept. Manager - JAX Outdoor Gear • Number of Participants: 15</p> <p>J. Rain Barrels and Storm Water Management • Learn about the City of Ames Smart Watershed Rebate Programs. This session will cover rain barrels, soil quality restoration, native landscaping, and rain gardens. Watch a demonstration of how to install a rain barrel • Instructor: Jake Moore, City of Ames • Number of Participants: 15</p> <p>K. Healing Remedies from Nature: What's in your Backyard? • In this hands-on session we will explore natural remedies that encourage wellness and support our health. We will touch on aromatherapy, herbal teas, flower essences, and more. Participants will take home a few natural remedies to enjoy. • Instructor: Susan Erickson, Landscape Architect, Aroma Therapist, Healer • Number of Participants: 15</p> <p>L. Fall Fungus Foraging • Fall is the best time of year to find wild edible mushrooms and other interesting fungi. Learn the basics about mushroom foraging, safety and id tips. We will be hiking around the park searching for fungus among-us. • Instructor: Jess Lancial, SCC Naturalist • Number of Participants: 15</p>
Session 3 (Choose One)	<p>M. Home Food Preservation 101 • Are you searching for the best method to preserve the summer’s bounty? Are you using canning recipies your grandmother used? Come hear the importance of using USDA-approved, tested recipies and methods to eliminate health concerns caused by improperly handled, preserved foods. • Instructor: Holly VanHeel, MHA, RD; Nutrition & Wellness Program Specialist • Number of Participants: 15</p> <p>N. Archery Basics • In this session, participants will be introduced to the sport of archery. Using compound bows and target arrows we will discuss equipment, safety, and go through the process of shooting. After that, participants will practice their skills shooting at targets. • Instructor: Joe Boyles, PCC Naturalist • Number of Participants: 15</p> <p>O. Introduction to Stand Up Paddling (Part 1*) • Learn about stand up paddle boards and try out a few. We'll look at gear, boards, and paddles on shore, and then do some paddling close to the beach. The possibility for full wetness does exist; so all participants should bring towels and spare clothes. • Instructors: Piper Wall, DVM, PhD, SUP Enthusiast and Greg Vitale • Number of Participants: 6</p> <p>P. Intro to Mindful Meditation • The practice of meditation reveals inner calm and awareness. This class introduces the fundamentals of meditation and related benefits of the practice. Meditation is an effective and efficient way to support our health and well being. • Instructor: Ruthann O'Brien Hadish, E-RYT, RPYT, RCYT, Ames Yoga Center • Number of Participants: 15</p> <p>Q. What Makes a Rock an Artifact? • People find odd looking rocks all the time. Sometimes they are ancient stone tools. Sometimes they are just plain old rocks. This session will teach how to recognize human alterations to stone and various kinds of stone tools. They will also learn to ignore how “perfectly it fits in your hand.” • Instructor: Toby Morrow, Archaeologist • Number of Participants: 15</p> <p>R. Natural Dyes • Calling all crafters and plant enthusiasts - Come and learn about natural dyes and make some new creations! Discover the wonderfully exciting world of collecting and using plants for dyes. The presenter will share with you her passions, experiments and recipes. Bring an article of clothing to dye; just needs to be 100% animal or vegetable (wool, silk, cotton, flax, etc.) Participants will also make some yarn crafts with pre-dyed creations. • Instructors: Laura Waldo-Semken , Enviroemental Educator and Artist • Number of Participants: 15</p>
Session 4 (Choose One)	<p>S. Ceramic Whistles • Create a custom clay whistle. Whistles will be pre-made (guaranteed to whistle) and you will customize the clay into animals, add detail with carving, to create a whistle all your own! Whistles will be fired by the instructor and later delivered back to Story County Conservation. • Instructor: Glennda Metzen, Art Professor, Ellsworth Community College • Number of Participants: 12</p> <p>T. Mountain Biking • Mountain biking is a great way to explore the outdoors! Come and learn about all the different aspects of riding your bike off road. • Number of Participants: 15</p> <p>U. Introduction to Stand Up Paddling (Part 2*)</p> <p>V. Nature and Movement with Tai Chi and Qigong • Tai chi and qigong are Chinese exercises which have been shown to benefit many aspects of health. Many of the movements are inspired from nature and sometimes they are called meditation in motion. We will explore some of these movements using an ancient qigong form called Five Animal Frolics. • Instructor: Virginia Dowling, Senior Trainer Tai Chi for Health • Number of Participants: 15</p> <p>W. Advanced Compass Work • Do you rely on Siri and Google Maps to get you to where you want to go? Siri doesn’t know the wilds, but you can! Learn how to read a map of the landscape and how to use an orienteering compass. These skills plus a short excursion will allow you to get off the beaten trail and explore the wild outside with more confidence. • Instructor: Cindy Blobaum, DCC Naturalist • Number of Participants: 15</p> <p>X. Green Reading • Discover your next great read during this introduction to environmental literature! The writing discussed in this session maps terrain familiar and wild and will spark your desire to explore (even if just from your armchair). We will discuss what makes writing “environmental,” and each participant will receive a book to take home. • Instructor: Rebekah Beall, SCC Naturalist • Number of Participants: 15</p>